

DISCOVERY

BROOKS
CITY-BASE
A Technology and Business Center

The Development of Combat Power and Efficiency

Vol. 29, No. 5 - Friday, March 4, 2005 - Brooks City-Base, TX

Through the Many Facets of Aerospace Medicine

AFIOH Airman receives Surgeon General's top honor

By Rudy Purificato

311th Human Systems Wing

He is just 20 years old, but Senior Airman Robert Zupko is already making a name for himself at the highest Air Force levels. He recently earned the Air Force Surgeon General's Medical Information Systems "Airman of the Year" Award for 2004.

"It was a big surprise for me to be even nominated for it. I'm one of those guys who go to work and

just does his job," says Airman Zupko, a computer programmer for the Air Force Institute for Operational Health.

The Surgeon General's Medical Information Systems Award program recognizes the outstanding achievement of airmen, NCOs, officers, civilians and teams who have significantly contributed to both the Air Force Medical Service and Medical Service Information Systems.

See Airman/7

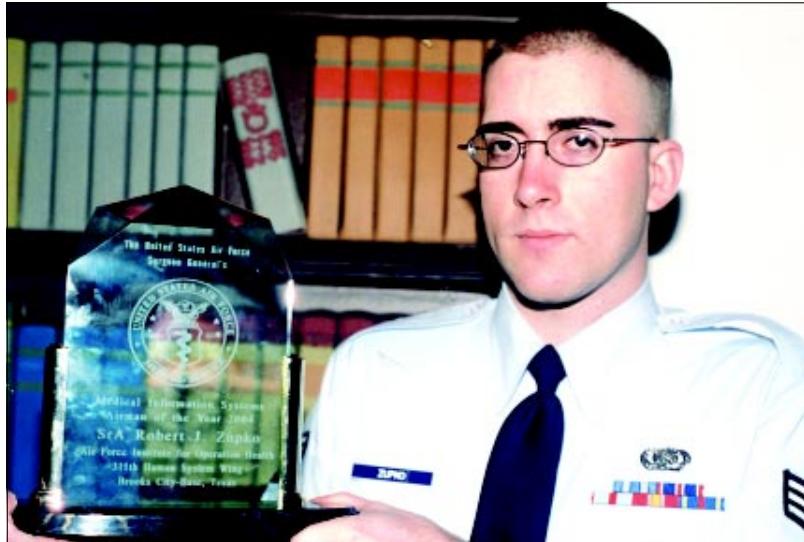


Photo by Rudy Purificato

Senior Airman Robert Zupko displays the Air Force Surgeon General "Airman of the Year" award, which he received in February.

AFMC honors Brooks employee with Small Business Award

By Rudy Purificato

311th Human Systems Wing

Should the Air Force acquisition community someday create a hall of fame for its career field, Mary Urey's contributions involving small business outreach for federal contracts perhaps would qualify her for enshrinement.

This Brooks Small Business Office director recently achieved another career milestone when she earned special recognition in the Air Force Materiel Command's Small Business Program Awards for Fiscal Year 2004. The award will be presented to her later this month.

"It's among the highest awards in the field of contract management that I have received," said Ms. Urey, who has worked at Brooks since 1993.

She credits the 311th Human Systems Wing's senior leadership for nominating her for such a great honor. Ms. Urey earned the award on the strength of her tireless advocacy for promoting Secretary of the Air Force and Small Business Administration's shared goals to substantially increase small business participation in the federal contract awards program.

She accomplished this through numerous innovative training strategies designed to help mi-

nority-owned, women-owned and small disadvantaged businesses compete for federal contracts.

Ms. Urey explained that her initiatives, as well as those of her colleagues within the Air Force acquisition community, are part of a decades-long emphasis by the Department of Defense to build a reliable small business supplier base. DOD's primary goal in doing this is to fulfill a top priority: sustained readiness.

Among Ms. Urey's initiatives that earned her the award was her work in negotiating strategies that helped the Air Force Center for Environmental Excellence award six small businesses con-

tracts totally \$400 million, with a potential ceiling of \$1 billion.

This achievement is a record amount for Brooks and the largest in AFCEE history for contracts under SBA guidelines for economically disadvantaged small businesses.

Other award-winning accomplishments that Ms. Urey is credited with include Air Force teams winning four of ten direct reimbursable agreement awards under the DOD Mentor-Protégé Nunn-Perry Awards program for 2004.

Her involvement featured a commitment to expand corporate outreach where large businesses mentored small businesses to help the latter develop capabilities



MARY UREY

designed to support Air Force needs. This was accomplished through technology transfer and other business-related operational initiatives.

INSIDE
THIS ISSUE



Ambassadors visit VA Hospital — Page 10



Intramural hoop championships — Page 14



March:
National
Womens
History
Month



The Discovery is published by Prime Time Inc., a private firm in no way connected with the United States Air Force, under exclusive contract with Brooks City-Base, Texas.

This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of the Discovery are not necessarily the official views of, or endorsed by, the United States Government, the Department of Defense or the United States Air Force.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force or Prime Time Corp. of the products or services advertised.

Everything in this publication is edited, prepared and provided by the 311th Human Systems Wing Public Affairs Office of Brooks City- Base. Material for the Discovery should be typewritten, double-spaced and submitted to 311HSW/PA, 2510 Kennedy Circle, Brooks City-Base, TX 78235-5115 by noon the Wednesday prior to the week of publication. All photos are Air Force photos unless otherwise indicated. Articles may also be submitted by fax by calling 536-3235 or by e-mail.

Articles may be submitted by email to Kendahl.Johnson@brooks.af.mil or to Discovery@brooks.af.mil.

The Discovery is published every other week on Friday. Contact the editor at 536-5141 for more information.

Discovery advertising

Deadline for display advertising is noon the Friday preceding the publication date. To advertise in the Discovery, call 675-4500 or send advertising copy to Prime Time Military Newspapers, P.O. Box 27040, San Antonio, Texas 78227.

Discovery Editorial Staff:
 Brig. Gen. Tom Travis
 311th Human Systems Wing Commander
 Larry Farlow
 Director of Public Affairs
 Kendahl Johnson
 Editor — kendahl.johnson@brooks.af.mil
 Rudy Purificato
 Chief Writer — rudolph.purificato@brooks.af.mil
 Tech. Sgt. Anita Schroeder
 Staff Sgt. Alfonso Ramirez Jr.
 Staff Sgt. Brandy Bogart
 Airman First Class Samantha Shieh
 Photography

Discovery logo by Arlene Schirmer



Sylvia Black, Publisher
 Pia Goodman, Prod. Mgr.
 Pat McCain, Classified Mgr.
 Diane Bohl, Sales Manager
 Sherry Snoga, Account Exec.
 Brandy Davis, Account Exec.

Advertising
 (210) 675-4500
 FAX:
 (210) 675-4577
 E-mail:
 sblack@txdirect.net

William A. Johnson
 President
 Gregg R. Rosenfield
 Senior Vice President Sales and Marketing



Community Newspapers:
 North San Antonio Times — Northside Recorder
 Bulverde Community News — Southside Reporter
 The Herald
 Military Newspapers:
 Fort Sam Houston News Leader
 Lackland Talespinner — Kelly USA Observer
 Medical Patriot — Randolph Wingspread
 Brooks Discovery
 Specialty Publications:
 Daily Commercial Recorder — Que Pasa!
 S.A.Kids
 Graphics & Printing Services:
 Prime Time Graphics
 Christopher Press (Web printing)

The Discovery is online.
 Go to <http://www.brooks.af.mil/HSW/PA/discovery>

COMMENTARY



Beware of computer hijackers

By Jay Wilson

Brooks Information Assurance Office

The Internet, email and other telecommunications devices – we simply can't live without them. Whether it's conducting personal or government business, these vital resources help us get the job done.

Systems availability at Brooks is a wonderful and solid luxury that we all enjoy. One click of the Internet Explorer icon, and within seconds of watching Explorer's world globe revolve, you're reading the official daily mission brief, right?

While there are many technologies that go into making this a reality, the one key ingredient that can both bolster, or hinder this process is the Brooks community itself. While collectively we're so busy trying to defend our computer resources against the outside bad guys; studies have shown that our most common threats come from within our own enclaves.

Think about the system user that feels the need to download non-approved software onto a government computer. It's no different than a total stranger "borrowing" your most precious automobile, and causing extensive amounts of damage. However, in the case of the non-approved software, we often find that it contains hidden code (or malicious logic), designed to record keystrokes, steal, and propagate personal information about all of the network users at Brooks City-Base.

It gets even worse. Next, our user decides to visit an inappropriate web site, and instead of one Internet

browser opening up, mysteriously he or she sees a rapid succession of 1000 browsers opening, and can't control it. This is classic browser hijacking due to the presence of spyware and/or malware, secretly embedded in non-approved software downloads.

Does it get any worse? You bet!

All servers on Brooks have now been mysteriously halted. No more e-mail. The world that once "spun" us to Internet destinations afar spins no more. A nightmarish dream? No my friend, this is the many true told stories throughout the world.

In these times of increased protection of our networks from outside intruders, we need to remember that there are many users within our own areas of employment who ignore the guidelines and wreak havoc on the network resources. In the above scenario, the user's actions were illegal and ultimately caused what is commonly referred to in the systems security world as a "denial of service."

A mixed dosage of training, vigilant security enhancements and being cognizant to the fact that government systems are designed for official use only may not have prevented this; but surely it would have severely mitigated it.

If you have additional questions concerning systems security, please contact your unit information systems security officer or information assurance awareness manager. They are your first stop, and a vital link to the Base Information Assurance Office's goal of defending the Brooks domain.

Mission-driven mentoring — helping top performers excel

By Lt. Col. Lee Torres

311th Human Systems Wing/HR

In the Air Force, mentoring is a personal and professional enhancement strategy through which one person facilitates the development of another by sharing experience, values, skills, perspectives, attitudes, proficiencies and known resources. Mentoring has been shown to have a significant impact on accelerating leadership abilities, strengthening and improving retention of top talent and improving organizational performance.

General Martin's Junior Force Study identified mentoring as a tool for helping to create a culture in which mentoring is an integral part of professional development in our workforce. Mentoring is a vehicle for helping the junior workforce to acquire knowledge and skills for their jobs and careers.

The Air Force has launched a strategic web-based mentoring program that offers the opportunity for our junior workforce members to assess their development needs and determine whether a mentoring relationship will benefit them. The Mission-Driven Mentoring website, www.3creekmentoring.com/USAIRForce, helps the member find a suitable mentor, create a mentoring agreement and supports the participants by providing just-in-time instructions and automated notifi-

cations for key activities.

As the Brooks City-Base Junior Force Council senior consultant, I encourage our junior force members — military and civilian — to take full advantage of the Mission-Driven mentoring program. Enrollment is easy and contains training on the roles and responsibilities for both mentors and mentees. To access the mentor and mentee guides, click onto "Learning Resources" on the left hand side of the website.

The success of our organization depends upon the success of the individual employees and the success of each employee depends on your success as a mentor. Taking a junior force member under your wing puts that person on a high performance track. Identifying and establishing career goals and helping to develop the road map for achieving them promotes loyalty, a sense of belonging and better bottom-line results. Mentoring helps keep employee's motivated and sustains high performance.

As a mentor, you do more than train an employee to do their job well. Your focus is to share your experience, wisdom and savvy to enable them to take on tasks beyond those designated in their job descriptions. Your participation in Mission-Driven Mentoring is a reflection of your commitment to our junior workforce.



BROOKS BRIEFS



The annual Air Force Assistance Fund campaign runs from March 7 through April 15. Brooks City-Base will host an AFAF Kickoff Breakfast Wednesday, with a commander's run at 7 a.m. and a free breakfast of tacos, fruit and juice at 8 a.m. The goal for Brooks City-Base is to raise more than \$25,000 for the fund. Contact Capt. Maureen Farrell at 536-3741 for more information.

The Easter Bunny will visit the Brooks City-Base Youth Center March 26. An Easter egg hunt will be held in the area adjacent to the center and will have designated areas for the following age groups: 1-3 years, 4-5 years, 6-8 years and 9-12 years. The hunt starts promptly at 2 p.m. All children must bring their own baskets. There will be an opportunity to have photos taken with the bunny. A variety of food will be available following the event.

The Youth Programs Center is offering four one-day camps for Brooks children ages five through 12. The camps, which are being held March 11, 25 and 28 and April 22, are held from 6:45 a.m. to 5 p.m. Breakfast, lunch and a snack will

be provided for camp attendees. Children will participate in arts and crafts and games plus have computer time, outdoor play and use the dance pad.

Brooks is hosting a blood drive March 18 at the Base Chapel. The drive will run from 9 a.m. to 3:30 p.m. Contact 1st Lt. Heather Heenan at 536-5564 for more information.

Spring Break Day Camp will be held at the Youth Program Center for children ages five through 12. The camp will run from March 14-18, from 6:45 a.m. to 5 p.m. daily. Breakfast, lunch and a snack will be provided for camp attendees. Children will participate in field trips, arts & crafts, games plus have computer time, outdoor play and much more. Registration for Spring Break Day Camp are being taken Monday through Friday from 8 a.m. to 5 p.m.

Congratulations to six-year-old Christopher Marrero, who was the Brooks Clinic's winner of the Word Search Contest. He won a Sonicare electric toothbrush. The contest was held to help promote February's National Children's Dental Health Month.



Brooks hosts first homeland security strategy meeting

By Rudy Purificato

311th Human Systems Wing

Agents from the Federal Bureau of Investigation, state and local law enforcement officials and members of the business community were among participants in the first homeland security strategy session held at Brooks City-Base on Feb. 24.

Hosted by the San Antonio Chapter of InfraGard, a national organization founded by the FBI in 1990 to initially combat cyber security, the event featured discussions on state homeland security initiatives and a "terrorism and tourism" presentation.

"It's the first time we've held an InfraGard meeting at Brooks. Brooks was selected for the meeting because it has focused on homeland security (initiatives)," said Bill Perez, Director of the Information Technology Security Division for the Texas Department of Information Resources.

Event planners knew the City of San Antonio and Air Force officials had previously worked on homeland security issues here that involved local, county and state stakeholders. A year ago, Brooks hosted the Southwest Enterprise for Regional Preparedness Stakeholders and Participants Meeting that addressed homeland security issues and initiatives.

The focus of the InfraGard meeting involved state initiatives to safeguard key infrastructure components as well as security measures for potential terrorist targets such as hotels, malls and theme parks.

Steve McGraw, a retired FBI agent who works for Texas Governor Rick Perry as Director of Homeland Security, focused on state counterterrorism initiatives dur-



Photo by Rudy Purificato

Retired FBI agent Steve McCraw, director of homeland security for Gov. Rick Perry, co-hosted the first-ever Texas homeland security strategy session. The session was held at Brooks City-Base at Hangar 9 on Feb. 24.

ing his presentation titled "Texas Homeland Security Strategy."

"Our strategy follows three principles that never change: prevent terrorist attacks on U.S. soil, protect 3,018 key infrastructure or critical assets in 16 sectors of the country, and respond and recover," Mr. McGraw said. "The key to doing this is no more unilateralism. We must work to create a cooperative environment. The police must have access to what the intelligence community collects. We can't have any information held and not fully exploited."

He said Texas is addressing two areas of concern. The first involves developing a compatible communications network the 2,685 law enforcement agencies in Texas can use. Secondly, there must be a "fusion of information" where collected data, ranging from potential threats to suspicious activity, is centrally located and analyzed.

"Twenty-two million Texans are our key asset. We must educate the public and security officers to provide us clues that impact homeland security," Mr. McGraw said.

Steven Roberts, a National Law Journal homeland security columnist, discussed terrorist trends and the shift in public law and policy with the presentation "Terrorism and Tourism."

"The commonality of terrorist attacks is that they've involved soft civilian targets with multiple vulnerabilities. The clear intent of these attacks is to create physical harm and economic destruction," Mr. Roberts said.

He cited a litany of terrorist bombings including overseas movie theaters and night clubs, and public transportation such as the Madrid train attack last March.

In February 2003, the President's Commission on Critical Infrastructure identified 13 critical U.S. infrastructure

areas, Mr. Roberts noted. These range from the defense industrial base and the petro-chemical industry, to public health, agriculture and the electrical power grid.

Key assets involve commercial centers where large numbers of people gather, Mr. Roberts said. Locally, these include sports venues such as the Alamodome, resort hotels and the convention center, theme parks like Sea World and unique tourist attractions such as the River Walk.

"Attack scenarios vary from directly attacking one venue to concurrent attacks on multiple sites," Mr. Roberts said. He noted that terrorists' intent is not just to kill people, but also to create fear and psychological stress.

He explained that certain scenarios have what he termed "cascading effects." While not a terrorist incident, a problem with the electrical grid several years ago that created the great northeast blackout is a classical example of "cascading effects."

"The blackout led to a run on stores for food and to looting," Mr. Roberts said. "Travelers staying in hotels had to sleep out on the streets."

He said travel and tourism are easy targets because they're associated with poor or no security. "The terrorists' trend is surveillance and reconnaissance of potential targets," he said.

He noted that more physical security and surveillance is needed within the travel and tourism industry. This industry must also reach out to local, state and federal security agencies to share vital vulnerability information. In this way, problems such as multiple entry points at facilities can be addressed. "Information sharing is the life's blood of homeland security," Mr. Roberts said.



Grueling 'circuitron' draws crowd

By Rudy Purificato

311th Human Systems Wing

Circuit training at Brooks became even more grueling last week when the fitness center hosted the first base 'circuitron' that helped commemorate Black History Month.

The two-hour marathon of physical conditioning exercises attracted about 40 hardy souls, none of who stayed for the entire, non-stop routine. The event was designed to give regular circuit training participants and newcomers an opportunity to expand their physical activity rather than their waistlines. Normal circuit training sessions last 47 minutes and involve 36 exercise stations called 'the circuit.'

"It was the first time we've tried this (circuitron) here," said Hosea Talbert, Brooks fitness center specialist who, along with Pablo Segura, facilitate weekly circuit training sessions at the gym on Tuesdays and Thursdays.

Mr. Talbert, who conducted the marathon session, calculated that he went through the circuit about four times. The circuitron featured more than 40 stations and was modified to fulfill participants' interest in certain exercises. "The most popular exercises are the

crunches," says Mr. Talbert, who added addition crunch stations during the circuitron. They also added more push-ups to make the circuitron even more challenging.

"Push-ups intimidate a lot of people because most people don't have a lot of upper body strength," said Mr. Segura. He said there are other challenging circuit training exercises designed to build upper body strength.

"A lot of people have never done shoulder workouts before," he says, referring to such circuit training routines as shoulder raises.

The circuit training facilitators plan to launch a new initiative to help anyone interested build upper body strength. "We'll help people build upper body strength using weight machines," says Mr. Segura, referring to a weight program that follows a circuit training format by using the fitness center's 14-16 weight machines. Training in the weight machine program two to three times a week will provide participants with a full-body workout that will also help them in circuit training.

The goal of this expanded program is to get more civilian employees involved in the fitness program being advocated by Air Force Materiel Command.

Unbeaten HSG team wins dodgeball tourney



Photo by Rudy Purificato

Seven teams competed in the first dodgeball tournament sponsored by the Brooks CGO council. A team from the Human Systems Group won the event.

By Rudy Purificato

311th Human Systems Wing

The Human Systems Group team #2 vanquished all opponents Feb. 25 to win the first dodgeball tournament championship sponsored by the Brooks Company Grade Officers Council.

Seven teams competed in the double-elimination event at the Brooks fitness center that was held to promote physical fitness and boost morale.

"It was a team-building event that served as a physical training exercise," said Capt. Phil Welch, CGOC president and Brooks Sports Advisory Council chairman. Dodgeball was selected by event organizers because of its growing popularity on base, Captain Welch explained. It was introduced at Brooks last year by Brooks Combined Federal Campaign Committee who staged the first dodgeball tournament in base history. The 68th Information Operations Squadron won the 2004 tourney, but failed to repeat as champions in 2005.

The 68th IOS fielded four six-man teams that subsequently lost to the eventual champions. Other units participating included the Air Force Institute for Operational Health, two HSG teams and the combined Contracting Office/Air Force Center for Environmental Excellence team.

"I love it. It's something new (here). The games are short (two minutes), competitive and you get to throw a ball at somebody," said 1st Lt. Chris Saldana who helped organize the HSG teams. The event followed official dodgeball rules which required players to throw hard rubber balls at opponents below the shoulder. The team that had the most players remaining on the court when time expired won the round.

The championship squad consisted of 1st Lieutenants Justin Darwin and Michael Nelson, and 2nd Lieutenants Tim Conley, John Mark and Ben Smith.

"I think it's great," said Col. Al Burnett, HSG commander.



Assumption of command



Photo by Don Sutherland

At a Feb. 17 ceremony at Hangar 9, Col. Bruce Litchfield (left), commander of the Agile Combat Support Systems Wing, presents a flag to Col. Albert Burnett, who assumed command of the newly formed Human Systems Group, as Chief Master Sgt. Michael O'Neal looks on. Formerly the Human Systems Program Office under the command of the 311th Human Systems Wing, the HSG was recently realigned under the ACSSW at Wright-Patterson Air Force Base.



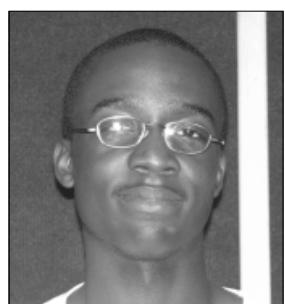
A LOOK at BROOKS

How do you
maintain a
healthy lifestyle?



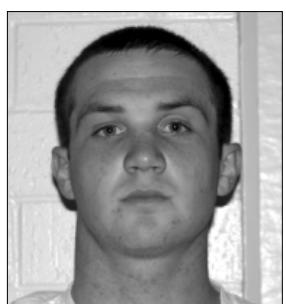
Matt Miller
AFIOH

I do weight training, play basketball and sometimes beach volleyball for cardio.



A1C Archie Johnson
68th IOS

I work out everyday and eat right — weight training, running and sometimes football.



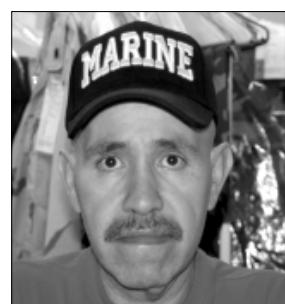
A1C Richie Woodard
68th IOS

I play basketball and football and try to work out everyday; I try to do something at least once a day.



Rosemary Mendoza
311th MSG

I walk at least twenty-five minutes a day. It makes me feel better and relieves my stress.



Roger Castaneda
311th MSG

I walk about three or four miles a day because I have had six back surgeries, and it helps with the therapy.



BRIG. GEN. TOM TRAVIS
311th Human Systems
Wing commander

ACTION LINE

536-2222

The COMMANDER'S ACTION LINE is your opportunity to make Brooks a better place to live, work and play.

If you have a suggestion for improvement, a complaint or a problem that you have not been able to resolve through normal complaint channels or the chain of command, call the

COMMANDER'S ACTION LINE, 536-2222.

Only items of general interest will be published, so please leave your name and number for a personal response.

The base agencies listed below can be contacted directly:

311th Security Forces Squadron.....	536-2851	Military Personnel.....	536-1845
SFS after duty hours.....	536-2851	Civilian Personnel.....	536-3353
311th Civil Engineer Squadron.....	536-3861	Military Pay.....	536-5778
311th Communications Squadron.....	536-6571	Civilian Pay.....	536-8370
311th Mission Support Group – Logistics Division.....	536-3541	Inspector General (FWA).....	536-2358
Safety.....	536-2111	Military Equal Opportunity.....	536-2584
Housing Maintenance.....	533-5900	EEO Complaints.....	536-3702
Housing Office.....	533-5905	BXMarket.....	533-9079
311th Services Division.....	536-2545	Brooks Development Office.....	536-3655
311th Medical Squadron (Clinic).....	536-4715	Brooks City-Base Marketing and Development Office.....	536-5366

Civilian health program kicks off at Brooks

By Elizabeth Castillo
Discovery staff writer

Civilian Health Promotion Service is now offered at Brooks in an effort to provide a safe, healthy, fit and ready workforce amongst full-time Air Force civilians.

Located in the Health and Wellness Center, CHPS is dedicated to providing AF civilians with adequate information and knowledge on health promotion and also time for physical fitness activities during the work week.

"Great production comes from a healthy, fit workplace," said Diane Gonzales, nurse coordinator for CHPS.

A partnership between the Air Force Materiel Command and Federal Occupational Health has made this program possible. The program allows all full-time civilians the opportunity to receive free health risk appraisals, blood pressure, cholesterol, blood glucose screenings, body mass index calculations, numerous monthly classes and individual health counseling.

In a memo written by AFMC's commander Gen. Gregory Martin, he states that "this is a major step in our efforts to improve the physical well-being of our AF civilians."

Along with the knowledge and individual information on how to lead healthier lifestyles, a maximum of three hours will be allowed weekly to all eligible employees who wish to participate in any physical fitness activities. Such activities should address cardiovascular and aerobic en-

durance, muscular strength, flexibility and body conditioning. It is recommended that sessions last from 60 to 90 minutes.

It is asked that individuals participating in the program initiate a request sheet to their first level supervisor containing a doctor's certificate for his/her primary physician allowing or prohibiting any physical activities.

Monthly classes will kick off on Mar. 29, and will be held monthly to focus on the education of topics such as cholesterol, hypertension and diabetes.

"Being able to have a registered nurse on duty at your workforce is a plus. A lot of places don't have that," Ms. Gonzales said.

With the participation of civilians and their commitment to the many services dedicated to their health and well being offered by CHPS, a healthier workforce is the goal for the near future, Ms. Gonzalez said.

Ms. Gonzales also stated that if there is a big need, and if civilians are utilizing this program, they will be able to add more benefits to the program in the future.

"I'm anxious to get a healthy workforce up; it makes a better production," Ms. Gonzales said. "I'm trying to encourage a lot of the civilian workforce to take advantage of this (CHPS) so that we can keep it here for them."

Individual health counseling appointments can be made through Diane Gonzales beginning March 7, with the first appointments seen March 15. To set up an appointment, call 536-4159.

Airman recognized by SG

Continued from page 1

Airman Zupko's award-winning contributions involve the medical sample computer data base that primarily supports the Air Force radiation dosimetry program.

Born the only child to Robert and Dottie Zupko in Colorado Springs, Colo., Airman Zupko studied computer science at Clarion University (Penn.) before enlisting in the Air Force in 2001. Already more knowledgeable and skilled in computer programming than most first-term enlistees, Airman Zupko has excelled in his career field since his arrival at Brooks in February 2003.

While the award is certainly the highest he has received in his short Air Force career, it is not his first. Last year, he was AFIOH's and the base's Quarterly Award winner for the first quarter.

FAMILY SUPPORT CENTER

VA BENEFITS ASSISTANCE

Mondays — 9 a.m. - 1 p.m., Bldg. 537

RESUME WORKSHOP

March 7 — 11 a.m. - 1 p.m., Bldg. 537

TRANSITION ASSISTANCE SEMINAR

March 8-10 — 8 a.m. - 4 p.m., Bldg. 537

STARTING AND PLANNING YOUR OWN BUSINESS

March 14 — 1 - 4 p.m., Bldg. 537

SPONSOR TRAINING

March 15 — 10 - 11 a.m., Bldg. 537

SEPARATION AND RETIREMENT

March 16 — 9 a.m. - 4 p.m., Bldg. 537

BASIC INVESTING

March 23 — 11 a.m. - 1 p.m., Bldg. 537

To register , call 536-2444



Air Base Group's 9-member team earns 311th HSW Commander's Award

By Rudy Purificato
311th Human Systems Wing

In a move that only large commercial freight companies or delivery businesses can fully appreciate, the 311th Air Base Group Logistics team's success in preparing a 50-ton 'package' for overseas delivery has earned the unit the base's highest award.

The 311th Human Systems Wing Commander's Award was

recently presented to the nine-member team for their work in supporting the Air Force Center for Environmental Excellence. It's the first time the team has won this award, however, the 311th Logistics Squadron earned the honor in June 2000.

In May, the team processed 100,000 pounds of AFCEE equipment for shipment to Moron Air Base, Spain, as part of an environmental investigation mission.

"A total of over 250 man-hours were spent processing, palletizing and loading cargo onto the C-5 aircraft," said John Ashjian, 311th ABG Chief of Logistics. He credits the mission's success to the team effort exhibited by the Logistics Division's freight, medical supply and mobility sections.

Ashjian praised the team's extra efforts that ensured the cargo was properly transported to Kelly Air Force Base for ship-

ment. He said Logistics Division personnel saved AFCEE more than \$2,000 in commercial carrier charges by transporting the cargo themselves to the 433rd Aerial Port Squadron at Kelly AFB.

The logistics team also went beyond their area of responsibility by helping 433rd personnel properly load and tie down the cargo aboard the C-5 Galaxy.

The team was composed of freight specialists Andres Avila,

Esperalda Granados and Joseph Guajardo; combat readiness manager Robert Montenegro; Staff Sgt. Arnold Aschenbeck III, transportation control unit NCO; Staff Sgt. Robert Lealiiee, medical equipment management office specialist; Staff Sgt. Marlon Monteagudo, freight and packing section NCOIC; Senior Airman Jacob Olson, forward logistics specialist; and Airman Mark Santiago, transportation assistant.



LEGAL NOTICE —

Any person or persons having claim for or against the estate of Airman First Class Lauren Snodgrass, 68th Information Operations Squadron, should contact Capt. Michael Kusik, Summary Court Officer, at 536-2715.



Brooks Ambassadors visit VA Hospital

By Rudy Purificato

311th Human Systems Wing

Terminally ill patients at the Audie Murphy Veterans Administration Hospital visited by the Brooks Ambassadors Feb. 18 were as gregarious as the latter were consoling. To Staff Sgt. Sunny Siler and Master Sgt. Vincent Iapichino their trip there to support the Department of Veterans Affairs' annual "Salute to Hospitalized Veterans" was quite surprising.

The Brooks pair, who distributed Valentine's Day greeting cards, joined past ambassadors and their entourages in experiencing something very special: being 'cheered up' by the spirits of men whose bodies are suffering the consequences of age, disease and war.

"It's amazing that they have brought back memories of when I visited VA hospitals to see my dad Jerry, a Vietnam (War) Navy veteran," said Sergeant Siler, her voice cracking with emotion. Sergeant Iapichino was equally impressed by the manner in which these veterans described their lives and military careers. He said, "A lot of these guys just

want someone to talk to and they usually have really good stories."

Stories certainly flowed freely, especially in the hospice ward where a few terminally ill veterans became quite animated.

Lowell, Mass., native Carl Yazkin appeared willing to leap out of his bed to show the Brooks contingent how he had once been a champion clogger and ballroom dancer on roller skates. The Navy veteran, who served in occupied Japan after World War II, preferred sharing colorful stories of his escapades as a civilian rather than dwelling on the loss of comrades, some of who were killed by Japanese saboteurs during the occupation.

"Ted Williams was quite a guy. He was a sports fisherman," said Mr. Yazkin, referring to the late Major League Baseball legend who went deep sea fishing near the veteran's home. He remembered the Hall of Fame outfielder's generosity to people who greeted him at the dock when he returned from a fishing trip. "Give everybody (fish) steaks, he would say," Mr. Yazkin noted about the baseball star giving away most of his catch.

The former altar boy-turned-jitterbug said he liked entertaining people. He also liked tinkering with things mechanical. While working for the M&M Mars Company in Waco, Texas, Mr. Yazkin invented a device that streamlined Snickers candy bar processing. "I've had an exciting life. I wouldn't change a thing," he said.

Perhaps the most enthusiastic veteran the Brooks Ambassadors 'experienced' was soon-to-be centenarian A. D. Houghton who 'held court' in the hallway while sitting in his wheelchair.

Born in 1905 on a ranch near McAllen, Texas, in Hidalgo County, retired Colonel Houghton was proud of his upbringing. "My family owned a goat ranch. We were in the mohair business," he said with the clarity of a man half his age. "I really wanted to be a geologist and physicist," he said.



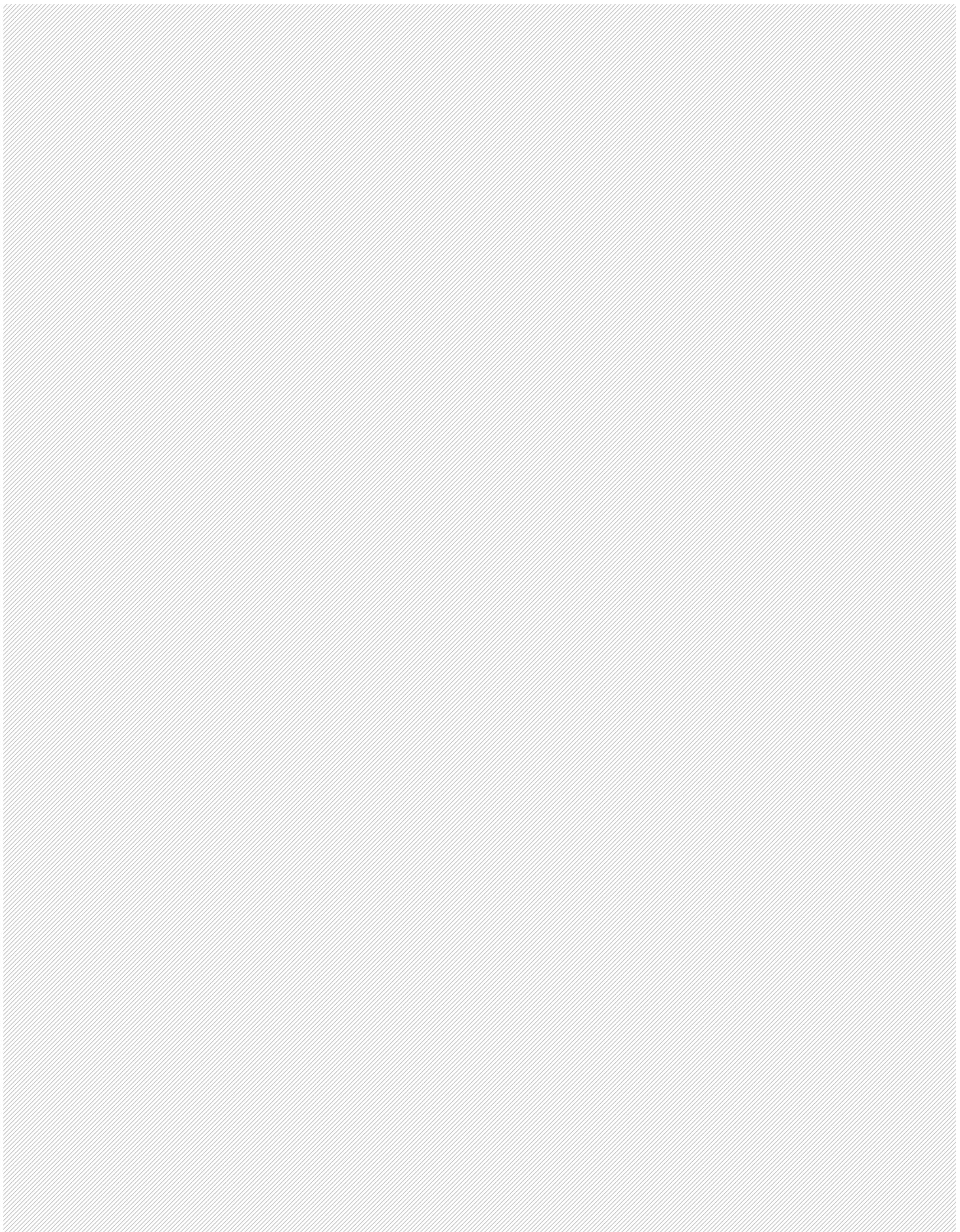
Photo by Staff Sgt. Brandy Bogart

Brooks Ambassadors Staff Sgt. Sunny Siler (left) and Master Sgt. Vincent Iapichino visit with a veteran at the Audie Murphy Veteran's Administration Hospital. The duo distributed Valentine's Day cards to patients at the hospital.

Asked why he received his formal education at the Colorado School of Mines, he answered without hesitation, "Because I had a scholarship." He earned a doctorate in geophysics, served in the Army for 30 years and later pursued a career in the oil and gas business. He was most proud of having led infantrymen during war and peace. He de-

cided to retire only after he realized at age 57 that he was physically unable to endure the rigors of Army life.

To the Brooks Ambassadors, meeting veterans who are the human equivalent of jumper cables really energized their emotions during a moment in time visiting uncommon men of valor and good cheer.





HENDRIX

Q&A

FULL NAME/RANK:
Tech. Sgt. Brigida Hendrix

DUTY TITLE,
ORGANIZATION:
Readiness NCO,
311th Mission Support Group,
Family Support Center

**IN SIMPLE TERMS,
WHAT DO YOU DO?**
Provide military and civilian families assistance and support before, during and after times of local or national emergencies, disasters, mobilizations, deployments or separations.

HOMETOWN:
Born in Daram Samar, Philippines
Grew up in Laverne, Calif.

FAMILY STATUS:
Married

PERSONAL MOTTO:
"Anything is possible with hard work and dedication."

INSPIRATIONS:
My family inspires me to be the best in everything that I set my mind to.

HOBBIES:
Reading, cooking and shopping

**I JOINED THE MILITARY
BECAUSE:**
I wanted to give a little back to this wonderful country.

FIVE-YEAR GOAL:
To make E-7, then retire from the Air Force but continue my service as a civilian employee

ULTIMATE GOAL:
To someday go back to the Philippines and retire.

**MY GREATEST
ACCOMPLISHMENT:**
The completion of my educational goals. I graduated last year from Webster University with a dual master's degree in health services management and human resources development.

**MY MOST PRIZED
POSSESSIONS:**
My husband, mother, sister, nephew and my three "girls" (two dogs and one kitten) Julie, Chancy and Missy.

Lending a helping hand



Brooks
Personality
PROFILE

Photos by Kendahl Johnson

By Kendahl Johnson

Discovery editor

For one charismatic Brooks' employee, helping people has been an integral part of a 15-year Air Force career. While helping others may be a "perk" of the job for some, it has become a way of life for one technical sergeant.

"I love helping people," said Tech. Sgt. Brigida Hendrix. "Most people would say that my best attribute is that I am able to work well with people."

Sergeant Brigida Hendrix began helping others at a young age when she was asked to make a difficult sacrifice for the benefit of her family. She was born in Daram Samar, in the Philippines. When she was three years old, her family moved to the small island of Tacloban City. A few years later, when she was just seven years old, her father passed away, leaving her mother to raise three children alone.

It was a struggle for Sergeant Hendrix's family. She recalls a childhood without electricity or other luxuries that make life comfortable. When she turned 12, she was asked to leave her family and her homeland to go and live with her aunt in the United States. "The Pilipino way is to help each other out," she said. "It was difficult leaving my family, but it was a way to help my mother. If that was the way to make life better for her, then I was willing to do it."

So she moved to Los Angeles to live with her mother's sister. Although leaving was the first sacrifice, it wasn't the last. She began doing odd jobs, like babysitting children in the neighborhood, for extra cash. She would save her money and send it home to her mother so that her family could enjoy a better life. It would be five years before she would see her family again. Following graduation from Bonita High School in La Verne, Calif., she returned for the summer to the Philippines.

Knowing that one way to help others was through medicine, she returned to the States and earned an associate's degree in nursing from Citrus Community College

in Asuza. She decided to take it one step further and serve the country that had welcomed her not long before; she joined the U.S. Air Force in 1989.

Although she was committed to the Air Force, her enlistment was delayed, as there were no available slots for medical technicians. While waiting for a position to open up, she worked as a nurse at a private Catholic hospital. Soon afterwards, she received her first duty assignment as a neo-natal technician at Lackland Air Force Base.

"It was a wonderful job," Sergeant Hendrix said. "We were able to do a whole lot more than (technicians) are able to do now. It was a great experience. To help babies that didn't even weigh a pound and see them return a few years later was inspirational."

From Lackland, Sergeant Hendrix moved to the dermatology clinic at Wilford Hall Medical Center. She was hired as a surgery technician for the unit's Moh's surgeon. Moh's surgery is a special type of surgery where a specially trained surgeon uses microscopic incisions to excise affected areas of skin. Because the surgery is a specialty, Sergeant Hendrix required additional training and was sent to Iowa State University.

"I have been very blessed," Sergeant Hendrix said. "Getting sent to a civilian university for training is not something everyone gets the opportunity to do. I was just a senior airman and had only been in four years. I was lucky."

Sergeant Hendrix then reenlisted and was sent to Yokota Air Base, Japan, where she was stationed for four years. Her next assignment was to Laughlin AFB in Del Rio, Texas, which she jokingly calls her "remote tour." She then went to Walter Reed Army Medical Center in Washington, D.C., and was retrained in the allergy/immunization field. In 1999, she received orders to go work at the allergy/immunization clinic at Wright-Patterson AFB, Ohio.

Last year, her name came up for involuntary retraining. She heard about a job opening as the Readiness NCO for

the Family Support Center. She applied for it and was selected. Although she no longer works in the field of medicine, she said she still has the opportunity to help people.

"It was the right move; the family support staff is so wonderful," Sergeant Hendrix said. "People get so focused on what they are doing day to day that they fail to utilize our resources or they just don't know what we do. The biggest challenge for me is to make sure people on base know what Family Support does and how we can help them. Once again, it's helping people."

She has touched many lives throughout her career and helped many people, especially her mother. She continues to send a portion of each paycheck home and has helped her mother buy a car and a new home. Yet it is her annual trips to the Philippines that provide her with a greater appreciation for the life she now enjoys.

"Going home to the Philippines is great because not only do I get to see my mother but it also grounds me so I don't take things for granted. It gives me a touch of reality and realize what a lucky person I am," Sergeant Hendrix said.

"We have everything in America. We are very, very fortunate as a people and as a country. This country gives you opportunities that no other country can give you. A lot of us don't take time to really appreciate how blessed we are."

She talks about the families who don't enjoy electricity or indoor plumbing, about childhood friends that labor for \$2 or \$3 a day and about the commonness of homes getting washed away in typhoons. "And yet we complain that we don't have this or that. It makes me appreciate what I have," she said.

Sergeant Hendrix works hard to remember her heritage and to embrace it. She gushes about how grateful she is to enjoy a quality of life others aren't as fortunate to enjoy. Perhaps it's this appreciation that motivates her to continue to help others. Whatever the reason, she views sharing and helping others as a responsibility, even a life calling. "It's what I am supposed to do."

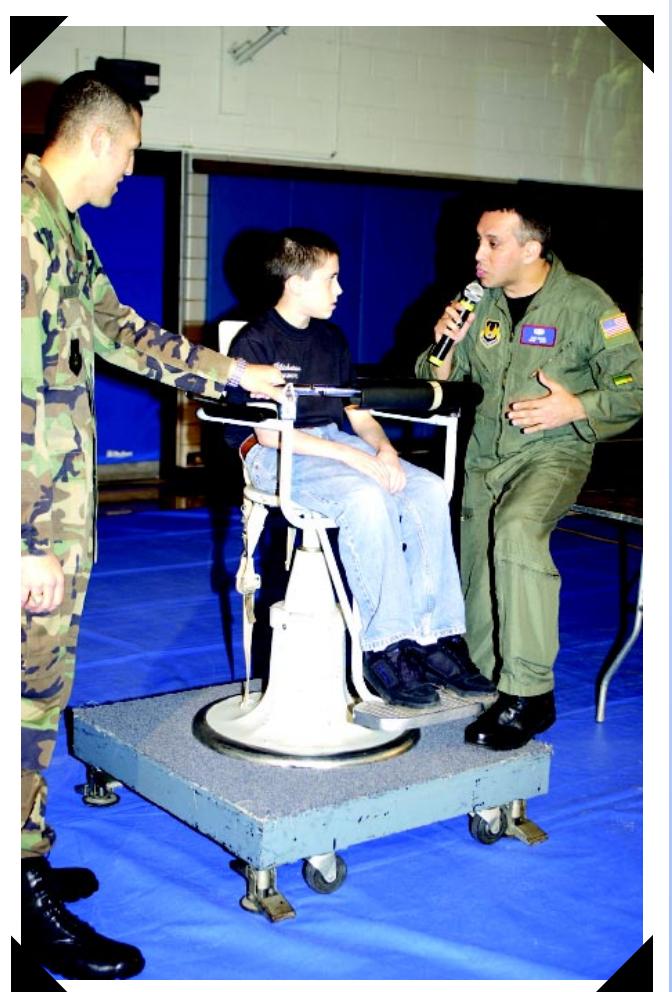


Aerospace Career Day 2005

Nearly 1,800 high school students from more than 150 public and private schools from around San Antonio and its outlying communities recently descended on Brooks City-Base for three days for the 2005 Aerospace Career Day.

It marked the seventh year for Aerospace Career Day, an event dedicated to sharing with local students the various aerospace medicine programs at Brooks.

Several educational and entertaining events highlighted the schedule, including a presentation by NASA spacesuit designer Amy Ross, a virtual tour showcasing key components in aerospace research and training. A motivational concert by Top Flight from the Air Force Band of the West kicked off each day and Dr. Eric Holwitt's popular interactive "Chemistry Magic Show." ended the day's activities. (Photos by Staff Sgt. Alfonso Ramirez Jr.)



Clockwise from top left: A student dons goggles in preparation for a Barany chair demonstration on the effects of spatial disorientation; Top Flight's Staff Sgt. Richard Vasquez sings to a crowd of students; Master Sgt. Samuel Colon briefs a student volunteer who sits in the Barany chair; students line up to see the RAPTOR, Air Force's customized sport utility vehicle; Dr. Eric Holwitt burns a \$100 bill during his chemistry magic show; Dr. Amy Ross showcases a NASA spacesuit she helped design.



Intramural hoop squad ties base record as undefeated champs



Photo by Rudy Purificato

Chief Master Sgt. Reggie Williams, command chief for the 311th Human Systems Wing, presents the base intramural basketball championship trophy to the undefeated Mission Support Group team.

By Rudy Purificato

311th Human Systems Wing

The 311th Mission Support Group men's intramural basketball team became only the fourth team in Brooks sports history to produce a perfect record as undefeated league and base champions.

The squad capped off a perfect championship run Feb. 23 during the base tournament when they defeated the Air Force Research Laboratory team 58-32. Only the 1982 and 1997 Air Base Group intramural hoop teams and the 1998 Armstrong Laboratory basketball squad had previously gone undefeated during the regular season and the postseason.

"It's the first time for me here. We made history," said a visibly pleased

Hosea Talbert, coach of the championship squad. Talbert credited his half-dozen member squad for playing good, consistent basketball. The team was relentless against all opponents, never allowing an adversary a chance to get back into the game.

That was evident in the championship game as MSG took a 24-20 halftime lead. They broke things open in the second half by forcing many turnovers. Their up-tempo strategy also seemed to wear down their opponents.

MSG dominated both ends of the court while featuring a balanced offense. Leading the attack was shooting guard Rod Bryant, a varsity team veteran, who scored a team-high 18 points. Also contributing mightily was center Slim Bailey, also a varsity player, who chipped in 13

points. Their play was enhanced by point guard Marshall Harris whose patented 'no-look' passes set them up inside.

The AFRL team, seeded third, advanced to the championship game after defeating the Human Systems Group, USAFSAM and the 68th Information Operations Squadron's "A" team in the loser's bracket. AFRL won its opening round game against the 68th IOS "B" team, but lost to the "A" team in the second round.

The MSG squad earned a first-round bye as league champs, and then advanced to the title contest after defeating three opponents.

"We lost the championship last year to the 68th IOS. That's what motivated me to come out of retirement to play. I had to redeem myself," admits Tim "Shug" Martin, an MSG power forward whose three points contributed to the second-half blowout. Last year's bitter loss to the 68th

IOS also coaxed former MSG player Talbert to come out of retirement to serve as the team's coach.

AFRL's chances for ending MSG's perfect record were greatly diminished when their coach, Ric Peterson, could not attend the championship game due to a TDY commitment.

"Our shooting guards were off. When our outside game is not strong, we're in trouble. We live and die by the three," admits AFRL's star power forward Rod Taylor. Small forwards Keith White and Mike Weems hit a total of three three-pointers in the first half, but were shut out in the second half.

Taylor, a varsity team veteran, tried to help his team mount a comeback, but the game was already out of reach. He led his team with 12 points. Taylor scored most of his points in the second half, a period in which he has earned a reputation as a clutch player.

Intramural volleyball revived after three-year hiatus

Intramural volleyball returns to Brooks next month after a three-year hiatus. Its revival was assured when fans persuaded the Brooks fitness center staff to reintroduce it as a core sports activity.

A preseason is tentatively scheduled to begin Tuesday with the regular season to start in mid-March after spring break. Games will be played on Tuesdays and Thursdays at 5 p.m. and 6 p.m. in the fitness center gym.

"A lot of people asked about having it again," said Pablo Segura, Brooks fitness center specialist. Intramural volleyball was

last played here in 2002, although the varsity women's program continued until 2003. The sport was discontinued primarily due to lack of interest, Mr. Segura said.

So far, five teams have signed up to play. Teams will be composed of two women and four men. The season will feature a double round-robin format., with a postseason tournament planned for May.

The last league champion was USAFSAM which was upset in the base championship tournament by the fourth-seeded composite team called Pool Players.

— Rudy Purificato